

October 2011 Urbana Senior Center Meal Menu

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www.FrederickCountyMD.gov/doa

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.80 per person per meal. Milk, juice, coffee, and tea, and bread are available each day. Menus are subject to change.</p>				
3 Cucumber Salad BBQ Pork on Roll Baked Beans Braised Cabbage Peach Slices	4 Spaghetti with Meat Sauce Garlic Bread Steamed Asparagus Beets Fruit Cocktail	5 Center is Closed Box lunch at the Elder Expo	6 Pickled Beet Salad Lemon Dill Cod Cakes Red Beans and Rice Mixed Vegetables Diced Fresh Fruit	7 Center is Closed
10 Closed Enjoy the holiday	11 Caesar Salad Rigatoni with Mushroom Capri Blend Vegetables Pears	12 Fruited Gelatin Salad Turkey Stew Biscuits Succotash Peach Cobbler	13 Tossed Salad Florentine Chicken Baked Beans Zucchini Diced Fresh Fruit	14 Center is Closed
17 Turkey Vegetable Soup Cuban Pork Roast Steamed Rice Lima Beans Diced Fresh Fruit	18 Mixed Salad Greens Lasagna Vegetable Cauliflower Pear Halves	19 Brunch: Omelet Bar Omelets made to order Other Brunch Items	20 Carrot Raisin Salad Fish du Jour Au Gratin Potatoes Yellow Squash Sliced Peaches	21 Center is Closed
24 Tomato Cucumber Salad BBQ Chicken on Roll Five Cheese Macaroni Roasted Zucchini Mandarin Oranges	25 Turkey Chili Cornbread Peas Carrots Applesauce	26 Cabbage & Bean Soup Corn & Barley Salad Beef Brisket with Gravy Mashed Potatoes Winter Vegetables Diced Fresh Fruit	27 Spinach Salad Hawaiian Glazed Ham Roasted Sweet Potatoes Green Beans Applesauce	28 Center is Closed
31 Mixed Salad Greens Beef Stew Roasted Squash Peaches with Cranberries	Nov. 1 Country Fried Steak Mashed Potatoes Sage Stuffing Southern Green Beans Mandarin Oranges	Nov. 2 Spinach Salad BBQ Ribs Baked Sweet Potatoes Lima Beans with Tomatoes Diced Fresh Fruit	Nov. 3 Chicken Pasta Casserole Peas Stewed Tomatoes Peaches	Nov. 4 Center is Closed